

























Supplemental material

Figure 1. Standardized Resistance training program

Level of resistance	Exercise 1 'Bridge'		Description of starting position
A			<p>On the back with knees bent and feet flat on the floor/bed/table. Feet hip-width apart and hands by your side.</p>
B			<p>On the back with knees bent and feet flat on the floor/bed/table. Feet hip-width apart and arms crossed.</p>
C			<p>On the back with knees bent and feet flat on the floor/bed/table. Feet in semi tandem stand position and hip-width apart. Hands by your side. Repeated with the opposite leg in front. 3 x 10 on both legs.</p>
D			<p>On the back with knees bent and feet flat on the floor/bed/table. Feet in semi tandem stand position and hip-width apart. Arms crossed. Repeated with the opposite leg in front. 3 x 10 on both legs.</p>
E			<p>On the back with knees bent and feet flat on the floor/bed/table. One knee bent and other leg on the ground with hands by your side. Repeated with the opposite leg in stretched. 3 x 10 on both legs.</p>
Level of resistance	Exercise 2 'Sit-to-stand'		Description of starting position
A			<p>Sitting on an elevated bed/table/chair. Feet hip-width apart. Stand up using the arms to push off.</p>

<p>B</p>			<p>Sitting on a chair with armrest. Feet hip-width apart. Stand up using the arms and arm rests to push off.</p>
<p>C</p>			<p>Sitting on a chair. Feet hip-width apart. Stand up from chair with arms crossed.</p>
<p>D</p>			<p>Sitting on a chair with armrest. Feet in semi tandem stand position and hip-width apart. Stand up using the arms and arm rests to push off. Repeated with the opposite leg in front. 3 x 10 on both legs.</p>
<p>E</p>			<p>Sitting on a chair. Feet in semi tandem stand position and hip-width apart. Stand up from chair with arms crossed. Repeated with the opposite leg in front. 3 x 10 on both legs.</p>
<p>Level of resistance</p>	<p>Exercise 3 'Calf-rasises'</p>		<p>Description of starting position</p>
<p>A</p>			<p>Sitting on a chair. Lifting the heels off the floor as high as possible. If it is really easy, extra weight can be added by leaning forward and pushing downwards with the hands on the knees.</p>

B			<p>Standing, using an elevated bed or table for balance/support. Heels are lifted off the floor as high as possible.</p>
C			<p>Standing, using a wall for balance. Heels are lifted off the floor as high as possible.</p>
D			<p>Standing on one leg, using a table for balance/support. The heel is lifted off the floor as high as possible. Repeated on both legs.</p>
E			<p>Standing on one leg, using a wall for balance. The heel is lifted off the floor as high as possible. Repeated on both legs.</p>

Progression/regression: The level of resistance A-E is modified applying only the participants' own body weight and different starting positions. One session consists of 3 sets of 10 repetitions. An intensity of 8-12 repetition maximum (RM) is pursued. If participants can do more than 12 repetitions of an exercise in each of two consecutive sets they are told to progress to the next level of resistance for that particular exercise. They progress to the next level of resistance even though they cannot do 3 x 10 repetitions of that exercise in the very beginning. If their performance exceeds that of the highest level of resistance (E), they will be instructed to increase the number of repetitions to 3 x 15 of 'exercise E'. If they can do less than 8 repetitions in the last set of the exercise, they will be instructed in an exercise mode with a lower level of resistance. The model has given written consent to publish this material.